



HERBED CHICKEN OVER APPLE & KALE SALAD

with Parmesan, Dried Cranberries & Dijon Dressing

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Kale



1 | 2
Apple



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



1 tsp | 1 tsp
Dried Thyme



1.5 oz | 3 oz
Honey Dijon Dressing
Contains: Eggs



2 tsp | 4 tsp
Dijon Mustard



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 oz | 2 oz
Dried Cranberries



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 690



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 530



HELLO

DRIED THYME

Dried herbs have a more concentrated flavor than fresh herbs (so you can use less!).

KALE YEAH

Why do we ask you to massage your kale? It helps the leaves become tender (so they're never too tough and chewy) while infusing them with flavor!

BUST OUT

- Large bowl
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Olive oil (3 tsp | 4 tsp)
- Cooking oil (1 tsp | 1 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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1 PREP

- Wash and dry produce.
- Remove and discard any large stems from **kale**; chop into bite-size pieces. Halve, core, and thinly slice **apple**.
- Place kale in a large bowl; using your hands, massage kale with a **large drizzle of olive oil** (similar to how you would knead dough) until leaves are tender, 1-2 minutes. **TIP: Don't skip this step—massaging helps the kale leaves wilt slightly, lending a tender (never fibrous!) texture.**



3 MAKE DRESSING

- Meanwhile, in a small bowl, whisk together **honey Dijon dressing, mustard,** and a **drizzle of olive oil** (large drizzle for 4 servings). Season lightly with **salt** and **pepper**.



2 COOK CHICKEN

- Pat **chicken*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about 1/2 inch thick. Season all over with **garlic powder, half the thyme (all for 4 servings), salt,** and **pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side.

- Transfer to a cutting board.

- ↪ Swap in **salmon*** for chicken (no need to pound salmon!). Cook salmon (skin sides down) until skin is crisp, 5-7 minutes. Flip and cook until cooked through, 1-2 minutes more. Transfer to a plate.



4 FINISH & SERVE

- Slice **chicken** crosswise.
- Add **apple** and **Parmesan** to bowl with **kale**. Toss with as much **dressing** as you like.
- Divide **salad** between bowls. Sprinkle with **dried cranberries**. Top with chicken. Drizzle with any remaining dressing. Serve.

- ↪ Serve **salmon** (no need to slice!) atop **salad**.

*Chicken is fully cooked when internal temperature reaches 165°.

↪ *Salmon is fully cooked when internal temperature reaches 145°.